



Methodology for Normalizing Workload in Health Classes

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Abstract: In this article, we consider the effectiveness of these exercises is largely determined by the rational structure and rationing of loads. Most of the students do not play sports. Therefore, it is at physical education lessons that they should receive the necessary dose of developmental loads.

Keywords: Neuro-reflex, Strengthening, Getting rid, Different exercise regimens, Rationally structured

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In recent years, health-improving physical education has played an important role in the process of improving the health of the population. It includes not only systematic targeted exercise to improve health, but also addressing issues closely related to nutrition, mental control, shaping an individual lifestyle, cultivating an active lifestyle, and so on. Fitness training is a system of exercises aimed at improving the functional state of the body. The goal of health-improving exercise is to raise your fitness level to safe values that ensure a healthy state of health. Objectives of a fitness workout include:

- Improving functional status and prevention of diseases of the cardiovascular system;
- Improving the functioning of the respiratory system and prevention of diseases;
- Improving overall physical performance;
- Strengthening the musculoskeletal system, musculoskeletal system, prevention of diseases of the musculoskeletal system;
- regulation of metabolic processes;
- increase the body's resistance to adverse environmental factors, strengthen the immune system.

Here are some tips to help you get started: Rehabilitation sports methods include rigorous and partially regulated exercise, fragmented and general learning, compulsory learning facilitation, and verbal and visual exposure. Of all the basic physical qualities of a person, such as strength, flexibility, speed, endurance, and agility, general endurance (the ability to perform moderate-intensity physical activity over a long period of time) is a leading quality in improving health. Exercise theory distinguishes a number of ways to develop overall endurance. Among them, the most characteristic for the training process in the direction of wellness are interval and continuous methods.

The interval method of fitness training is recommended for beginners and involves replacing significant energy loads (for a specific person) on average during a single workout. For example, a combination of walking and running at a heart rate of up to 120 beats / min (50 m run, then 150 m

walk). Once a certain level of overall endurance is reached, the transition to a generally continuous approach to the development of overall endurance is made. The main part of this exercise is to distribute the load evenly (average intensity for 10-30 minutes, pulse rate not exceeding 132-144 beats / min).

The characteristics of the effects of exercise on the body and the requirements for their use in health training are:

1. During exercise, two main processes controlled by the hormonal system are activated: catabolic and synthetic (anabolic). In this regard, exercise has a great therapeutic effect, if the destructive processes - the rapid renewal of the body's protein structures compared to catabolism. Such exercises should stimulate the synthesis and release of hormones that lead to a greater anabolic effect (i.e., accelerate the synthesis of the target).
2. Many body systems are involved in muscle function. Therefore, sensible training in the field of fitness should effectively solve the problem of increasing the strength and endurance of almost all muscle groups, leaving no weak joints. A person has trained muscles if so, we can say that all the systems in it, including hormonal, cardiovascular, nervous, base, etc., are highly functional.
3. Exercise can have a healing effect on the digestive system, including the glands that serve it (liver, pancreas, etc.), disorders in these systems directly lead to loss of health. Here are some suggestions on how to look or get an appointment for acne treatment:
 - Reduces the accumulation of fat in the abdomen;
 - Massage of the muscles surrounding the abdominal organs, including the diaphragm;
 - Neuro-reflex stimulation of the organs of the gastrointestinal tract through exposure to the reflex zones and acupuncture system during certain exercises;
 - Calming exercise.

In addition, nutrition helps to create an anabolic or catabolic background in the body, which requires it to be organized according to load regimens when solving problems of weight loss or weight gain by losing fat or gaining muscle mass.

4. Rationally structured exercise should ensure the prevention of spinal diseases. They are caused by organic injury (trauma) or hypertonicity of the back muscles (more than 80%) or lack of movement in this part of the musculoskeletal system. Exercise should definitely be injury-free, stimulate the general anabolic background, improve the nutrition of the intervertebral discs, engage the joints, contract and stretch the deep muscles to relieve spasms in the muscles of the spine, spinal cord. to create a muscular corset for the mother, the waist should strengthen the abdominal muscles.
5. The importance of breathing exercises is confirmed by the centuries-old experience of yoga and Chinese health gymnastics. ExerciseThe benefits of breathing exercises in the process can be determined by:
 - air passing through the nasal sinuses (cavities) (breathing only through the nose) has a reflex effect on many systems and organs;
 - Strong air flow through the nasopharynx (nasal and pharyngeal cavities) has a tonic effect; - Excursion of the diaphragm (with deep abdominal breathing) is an additional massage of the abdominal organs;
 - less deep breathing allows to increase the maximum concentration of oxygen and carbon dioxide, which helps to relax the smooth muscles of the blood vessels and improves tissue trophism;

- Rhythmic deep breathing balances mental processes. Stable mental concentration and the ability to control one's mental state in relation to it is the vital ability of modern man. If the nature of exercise allows you to focus on certain muscle groups and areas of the body that are currently active for a long enough period of time, then a conditioned reflex skill is formed, which not only allows you to constantly correct attention, but also in the body. stimulates the necessary vegetative reactions (the basis of psychophysiological self-training). This skill is the foundation of any psychoactive exercise.
- 6. Getting rid of excess weight and forming a beautiful figure is the most important incentive for healthy gymnastics. While weight loss should not be a major concern when planning a wellness workout program, wellness workouts should contribute to positive changes in body composition. The following requirements should be followed to reduce the fat reserves that are beneficial to health:
 - normalization of the functioning of all organs and systems on which metabolic processes in the body depend;
 - increase muscle strength, endurance and elasticity to ensure more mobility and activity in daily human activities, improve well-being and self-esteem;- activation of neurohumoral mechanisms that secrete lipotropic hormones and neurotransmitters (a type of biologically active substance), mobilization of fat depots during exercise and their maintenance at high concentrations for subsequent removal and burning of fats from the subcutaneous fat layers; increase the level of basic exchange after a day or two of training;
 - a balance against psychological dependence on the need to fully relax, create a sense of peace, contentment, stability and harmony with the environment, constantly consume large amounts of delicious and "healthy" food storage;
 - Exercise should not require energy, because high energy consumption significantly reduces the carbohydrate reserves in the body, which leads to an increase in appetite after exercise. It also burns active and intense calories during exercise;
 - If the goal of exercise is stable and long-term weight loss, it is almost useless exercise, fat is lost after exercise, when the basic metabolism is increased and low-calorie foods are consumed.

In general, the main purpose of training is not to try to reduce the reserves of adipose tissue, but to organize the workout, which is a long-term improvement of body structure, so that the other person is healthier, stronger, more active, need to help change his habits, lifestyle, and so on. In other words, wellness training is only effective if it is part of a broader program of working with people and focuses not only on aspects of training but also on psychological and sociological aspects.

7. Exercise can be healing, if it takes place against the background of a positive psycho-emotional state, helps to relieve stress and relax the mind, creates a feeling of peace and comfort.

Regulate physical activity during fitness classes. Here are some suggestions on how to look or get an appointment for exercise is carried out: 1) power (intensity); 2) size; 3) duration (duration of rest intervals between exercises); 4) nature of rest (active, passive); 5) the complexity of coordination of exercises.

The basic principle of weight training in fitness training is based on taking into account the maximum functional capacity of the participants. Load power (intensity) normalization can be done in several ways based on this principle:

1. In terms of relative strength - as a percentage of the maximum level of physical performance.
2. On heart rate.

3. By the maximum number of repetitions of the exercise.
4. Empirical - according to subjective feelings.

The use of each of them is determined by the specific conditions of medical support of health training (access to examination, age, state of health, etc.). The essence of each of the listed methods is as follows:

1. Relative power rating as a percentage of the maximum achieved level of physical performance requires prior use of functional tests with a submaximal or maximum physical load, on the basis of which the training level of the load is determined. This level is 50-70% of the maximum physical performance. The application of the method, although the most accurate, is associated with the need for initial in-depth examination in a specialized laboratory.
2. Three indicators are used to determine the intensity of physical activity by heart rate: threshold, maximum and average heart rate (UUT). Threshold UUT is the lowest heart rate (intensity) below which there is no training effect. Maximum heart rate is the maximum heart rate that cannot be exceeded during exercise. The conditional maximum load is calculated as follows: is carried out: 1) power (intensity); 2) size; 3) duration (duration of rest intervals between exercises); 4) nature of rest (active, passive); 5) the complexity of coordination of exercises.

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3. The empirical method of measuring load capacity is based on the analysis of the subjective feelings of the participants. Lack of discomfort, free breathing, desire to continue training, etc. are signs of good load endurance. Rehabilitation classes should be held in half strength or in three quarters

Volume and frequency of fitness activities. If there is information about the functional capabilities of the person (functional class, physical condition or somatic health level), it is necessary to determine the intensity, volume, frequency of training, their content, as well as to determine their

structure, ie it is possible to form a specific program of health training. The following basic laws should be considered when determining the size and frequency of training sessions:

1. The higher the intensity of the load, the smaller its volume should be.
2. The lower the functional readiness of the trainees, the lower the intensity and volume of the load in the weekly training cycle and the higher its repetition. For example, if the maximum allowable load is 150-160 beats / min, 2-3 times a week is sufficient; Daily exercise (1-2 times per day) for 15-20 minutes is required within the load capacity limit described at 100 beats / min.
3. Repeated loads in fitness classes are allowed only after full recovery of functions.

Different exercise regimens, duration of activity, their alternation, and total amount in the weekly cycle can lead to different effects.

2-3 sessions per week are sufficient for a supportive effect, lasting an average of 20-30 minutes. Classes can be held at any time of the day it is possible, but meals should be one and a half hours before and one and a half hours after training. Food should not be too much and its composition should contribute to physical activity (see the relevant literature for food rations).

Frequent or prolonged training is required to achieve the effect of training: 5-6 times a week for 20-30 minutes or 3 times for 45-60 minutes .. The direction of training can be different: physical development of qualities or overall functional impact. In this case, you need to know some rules:

1. Smooth wide movements of both warm-up and stretching nature are important for the development of flexibility, which are replaced by spring movements, as well as static retention of poses with maximum and maximum position in terms of muscle elongation. The latter is applied in small amounts and only on condition that the muscles are well pre-exercised. In general, one should not rush to develop flexibility, which requires a long, quiet workout.
 2. To develop strength, apply the exercise at a moderate pace until complete fatigue, overcoming the feeling of not being able to continue the exercise in at least 1-2 movements. At the same time, the high-speed mode of exercise increases strength without significantly increasing volumes, and small weights (0.5–2.5 kg) are used for high rates of quality improvement.
 3. Continuing exercise in a calm, slow pace will help to achieve a high level of development of local endurance. Changing the direction of the exercise effect of the load should be taken into account when planning fitness training. The greatest healing effects and weight loss are observed in variable workouts for cardiorespiratory endurance and strength:
- It is recommended to do a cardio program three times and a strength program three times in 6 sessions;- 5 sessions should be alternated according to the following scheme: three cardio sessions a week, two strength exercises, the next - two cardio sessions, three strength exercises and so on;
 - In 3 training sessions it is possible to work according to the following scheme: two cardio sessions a week, one strength exercise, the next - one cardio session, two strength exercises. Strength training should be done in three stages: basic strength training; training aimed at developing strength endurance; strength training itself.

The main recommended literature:

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